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Bangalore Mirror

TEMP Max 29 | Min 16 | Humidity 40% Partly cloudy. Misty morning Sensex 56,405 | Nifty 16,842 | Gold 49,620 | Silver 64,170 | Dollar 75.55 | Euro 85.51 | GBP 102.17

Lack of physical activity, social skills in children post pandemic will manifest in their behaviour later in life, doctors say

'Digital devices/screen addiction goes up by 50%'

Garima Prasher
mybangaloremirror
@timesgroup.com

TWEETS @BangaloreMIRROR

Paediatricians and counsellors in the city are now witnessing the full-blown effect of pandemic-triggered school closures on children.

According to healthcare professionals, there has been a tremendous rise in the number of cases of screen addictions, recurring headaches, obesity, eye-related issues and stress-linked behavioural changes among schoolchildren.

"There has been a surge in the number of children seeking help for various health concerns. Most of the cases are of digital/screen addiction and behavioural issues. Number of such cases has gone up by 50% of late," said Dr Gowri Ravi Chinthalapalli, consultant, child development, Aster CMI Hospital.

Adolescents appear to be the most vulnerable of all age groups. Owing to high stress levels, many in this age group are landing at hospitals, including the ICUs, with suicidal tendencies, extreme stress related behaviour and traumatisation.

"Majority of these children are in the age group of 10-19. They are coming with physical ailments like drowsiness, sleep deprivation, sick feeling, stomachache and so forth. But when we investigate, we find it is all coming from psychological sources. Most of them have lost their routines; whenever the schools have opened intermittently, children are finding the pressure too much to cope with. This trend is worrisome," said Dr Supraja Chandrasekhar, consultant, paediatric intensivist at Manipal Hospital, Yeshwantpur.

> **"They need psychosocial support... Parents must recognise and acknowledge changes and allow easy transition..."**
> — Dr Supraja Chandrasekhar, Manipal Hospital

Experts also said there is a distinct association between schools' flip-flopping on

CONTINUED ON PAGE 6 »

Who let the goons out

'Rowdy elements intimidating civilians, trying to extort money in West division'

Bellie.Thomas
@timesgroup.com

TWEETS @Bellie_MIRROR

Even after periodic rowdy parades and area domination exercises by the city police, rowdy elements are active in the West division.

A 22-year-old auto-driver was assaulted by five people at a bar in Byadarahalli on Friday, after they picked up a quarrel with the former who objected to the group's loud noise and ruckus.

As the police conducted inquiries, they found the auto-rickshaw driver had sought a loan from a private financier, purportedly with links to rowdy elements, who was-known to charge exorbitant interest rates.

Since he refused to take the loan from the gang and opted for another financier, the gang targeted the driver, Harish Kumar (22), and beat him up in the bar over a trivial reason.

According to the police, Kumar, who returned from work, went to the Srinidhi Bar to have a few drinks, in Dodda Gollarahatti on Magadi Main Road on Friday.

There were a few people sitting at the nearby table who were 'conversing very loudly', creating a nuisance for others at the bar. Kumar objected to the loud revelry at the adjacent table and requested them to keep it down.

CONTINUED ON PAGE 6 »

3 THINGS TO DO

01 Sacred Sentinels

KYNKYNY.com's latest virtual exhibition, Sacred Sentinels, features Hyderabad-based artist Bhaskar Rao Botcha's looming, moody treescapes. Trees are the central and recurring characters in Bhaskar Rao Botcha's strikingly atmospheric paintings. Drawing from memories, personal history, culture, folklore and a love for nature, Botcha's acrylics on canvas are beguiling reflections and meditations on the nature of trees. Sacred Sentinels, which is equal parts botanical and poetic, celebrates our deep affinity for trees and the ancient and timeless bond that we share with them. !
Where: KYNKYNY.com
When: Till March 5

02 Mellow melodies

Take a break from the stress and monotony of work by attending a beautiful musical evening at Lahe Lahe. The session will have musical aficionados come and jam together and form a community of like-minded musical souls. What's more, you can even tune out a few songs of yourself too!
Where: Lahe Lahe, HAL 2nd stage, Indiranagar
When: Wednesdays, 7:30pm – 9:30pm
Tickets: 9886294444

03 America in cartoons

If cartoons are your way to de-stress, check out Indian Institute of Cartoonists's showcase: America in cartoons, from Bill to Biden, an exhibition of cartoons and caricatures by New York-based cartoonist Shreyas Navare. The exhibition comprises 101 cartoons and caricatures drawn spanning five US Presidents from 1998 to 2022. This exhibition also includes artworks from Shreyas Navare's travels across various US states for his coverage of the 2012 and 2016 US Presidential Elections through the eyes of a cartoonist.

Where: Indian Cartoon Gallery, Craig Park Layout
When: Till Feb 19

A rosy conundrum

Rose shipments continue to increase nationally and globally; however, few grow it as they are a heavy knowledge-and money-intensive product

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mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMirror

Roses continue to be a popular gift for Valentine's Day, across the globe. This year, BLR airport cargo saw a nearly two-fold increase in rose shipments in the run-up to Valentine's Day. Roughly 5.15 lakh kg of roses were sent to 25 international and domestic destinations as compared to only 2.7 lakh kg shipped in 2021.

Domestic shipments have witnessed a significant improvement -- witnessing a 200 per cent growth from 1.03 lakh kg in 2021 to 3.15 lakh kg this year. Around two lakh kg roses were exported to international destinations this year as compared to 1.7 lakh kg last year.

According to data provided by BLR airport cargo, the top domestic destinations for roses include Delhi, Mumbai, Kolkata, Guwahati and Chandigarh. Among the top international destinations were Singapore, Kuala Lumpur, London, Amsterdam, Kuwait, Auckland, Beirut, Manila, Muscat and Dubai.

Despite high rates of rose export happening from the city, there are fewer takers for the industry. Traditional farmers stay away from it due to a lack of expertise, say experts.

Rose growers complain of this being a high-investment industry. To dive into the game, farmers need to invest at least Rs 50 lakh to grow in one acre.

Domestic shipments have increased by 200% from 2021-22

"To grow the plant on one acre, one needs at least Rs 50 lakh. Rose production is considered to be an industry not farming
– an official, IFAB

"Several challenges prevent new rose growers from getting into the field. First and foremost, it's a farming with a huge investment. To grow the plant on one acre, you need at least Rs 50 lakh. But, an even bigger challenge is paying for electricity. As rose growers are not considered to be farmers, they are treated as industries instead. They get charged Rs 8-9 per unit like industries," said an official from International Flower Auction Bangalore (IFAB).

He added that growers in Mandya, Hassan and other neighbouring areas have to arrange for vehicles to bring to the auction centre. "It requires a huge investment starting from the core room that would cost Rs 10 lakh, a packaging room, transportation and storage facilities and so on. Due to fewer people showing interest in farming, growers have to depend on migrant labourers whom farmers say are quite unreliable. The fertiliser used in the growth is mostly imported and adds to the piling cost-inducive list. There is also a lack of awareness about the technical know-how that shrouds the field. This also keeps traditional farmers were investing as well." he added.

Small-scale rose growers complain that there are no fixed prices for roses. "The government has fixed prices for everything; the prices for rose haven't been fixed. The cost of regular rose per stem is Rs 15-20 per stem and the price of export-quality per stem is Rs 15-18. But we are getting only Rs 6-7 rupees. Rose is not considered to be a product of horticulture," said Siddaramanna, President of Karnataka Small Flower Grower Association.

He further added that the subsidies are not sufficient. "Though we are getting a 50 per cent subsidy on polysheets, the price being quoted is way low than the market price. While 1 sq feet of the polysheet would cost anywhere between Rs 58-75, they are quoting Rs 25," noted Siddaramanna.

Covid cases below 1k-mark in B'luru

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Daily Covid cases dropped further with Karnataka on Monday reporting 1,568 new cases of Covid-19 and 25 fatalities, taking the tally to 39,28,237 and death toll to 39,665.

There were 6,025 discharges, pushing the total number of recoveries to 38,57,323, a health bulletin said.

Out of the new cases, 754 were from Bengaluru Urban that saw 2,089 people being discharged and five virus-related deaths. The total number of active cases across the state is now 31,215.

While the positivity rate for the day stood at 2.25 per cent, the case fatality rate (CFR) was 1.59 per cent. Of the 25 deaths, five are from Bengaluru Urban, Belagavi, Bidar, Dakshina Kannada, Dahrwad, Tumakuru and Udupi (two each), followed by others.

After Bengaluru Urban Shivamogga recorded the second highest number of cases at 91 followed by Mysuru

After Bengaluru Urban, Shivamogga recorded the second highest number of cases with 91, Mysuru (78), Belagavi (63), Dakshina Kannada (55), Ballari (50), followed by others.

Bengaluru Urban now has a total of 17,71,622 cases, Mysuru has 2,28,661 and Tumakuru has 1,59,246.

A health worker arranges covid swab samples taken for testing

New covid ICU facility in city

Narayana Health, a leading healthcare provider in the country, today announced that they have expanded their Covid ICU facilities.

The company in association with Goldman Sachs, a leading global investment bank, and its non-profit partner United Way Bengaluru, launched a modern 100-bed Covid ICU facility at its flagship unit, Narayana Health City in Bengaluru.

School's in: Smooth Day 1

Some schools will put in place precautionary measures before starting physical classes today

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After the high court's intervention and the state government's strict instructions that no "religious clothes" be worn by students on campuses, schools reopening in the city was incident-free on Monday.

"We reopened today, and everything went on smoothly. Students attended classes and there were no untoward incidents at the campus. We have school uniform in place for our students and everyone followed the rules," said MA Khan, principal, K K High School, Varthur.

While a majority of the schools opened and worked smoothly, there were some concerns among a handful of the school managements.

"We decided to have precautionary measures in place before our students start coming to the campus. We want to be prepared in case of any unpleasant incidents. Students will come for physical classes starting Tuesday," said a representative of a city school. According to a management member of a popular chain of schools in the city, such concern among school management only highlights failure of the authorities. "Our school opened today and regular classes were conducted. Students came to the campus in good number. If any hint of panic is being observed, I would squarely blame the authorities for it," said the management member.

According to the Association of Primary and Secondary Schools of Karnataka, apart from a couple of incidents in districts such as Shivamogga, schools functioned peacefully on day one across the state, including Bengaluru.

Students in Bengaluru on their way to school on Monday

"There were some incidents in Shivamogga district wherein a couple of minority institutions raised objection to a few students who wanted to attend preparatory examination wearing hijab. While in one incident the students were not allowed to sit for the examination, in the other one, the school management and authorities could convince the students to follow the court's orders. Things were brought under control and students were allowed to enter the campus. However, no such incidents were reported in the city schools," said D Shashi Kumar, secretary of the Association of Primary and Secondary schools of Karnataka. Aliya Mehat, a student who boycotted the exam, said, "The court is yet to give order, whatever it is we will not take off hijab. It is okay if we don't write exams. We won't come to school if hijab is not allowed," she said. However, more than 100 other Muslim girls, studying in the school, attended classes without a hijab.

> **Our school opened today and regular classes were conducted. Students came to the campus in good number.**
> –Representative of a city school

Shashi Kumar also raised questions on the schools that are still shying away from conducting offline classes. "There are still a handful of schools affiliated to the CBSE and ICSE boards functioning online. All schools under the state board are functioning peacefully with good attendance. Some elite schools are yet not open despite most of the parents willing to send their children for physical classes," said Shashi Kumar.

Colleges to open Wednesday

It has been decided to resume physical classes for colleges from Wednesday.

Headscarf plea to HC

Challenging the government order, the girls who petitioned in favour of hijab requested the High Court to allow them to wear headscarves. The girls made the plea to the full bench of the High Court comprising Chief Justice Ritu Raj Awasthi, Justice JM Khazi and Justice Krishna M Dixit. "I am not only challenging the GO but also asking for a positive mandate for allowing me to wear a headscarf of the same colour of the uniform," advocate Devadatt Kamat, appearing on behalf of the girls of the government PU college in Udupi, told the bench. Kamat also said central schools permit Muslim girls to wear headscarves of the school uniform colour. He said, headscarves are an essential religious practice, and restricting its use was violating Article 25 of the Constitution. Article 25 reads: "Subject to public order, morality and health and to the other provisions of this part, all persons are equally entitled to freedom of conscience and the right to freely to profess, practise and propagate religion." Further hearing was adjourned to Tuesday.

Dolo, the magic pill

Covid has made several healthcare and pharma players billionaires and among them are the makers of Dolo 650 -- the most prescribed medicine during the pandemic having sold over 350 crore pills since the outbreak in March 2020. Dolo 650 is a paracetamol drug.

Pre-Covid

As per the data from healthcare research firm IQVIA, India sold nearly 7.5 crore strips of Dolo -- a paracetamol tablet manufactured by Bengaluru-based Micro Labs Ltd -- before the outbreak in 2019.

Turnover

Dolo registered a turnover of Rs 307 crore in 2021, according to the data. In comparison, GSK Pharmaceuticals' Calpol had a turnover of Rs 310 crore while Crocin logged double-digit sales at Rs 23.6 crore last year.

Why Dolo is preferrred?

Because of its safety profile and its efficacy, Dolo 650 is preferable. According to a health care expert, "From experience, we have seen that people respond well to this and fever starts subsiding fast. It is not only an antipyretic medicine but also has an anti-inflammatory effect as well, and you don't have to worry about nephrotoxicity or having any kind of major interaction."

History

Founded by GC Surana in 1973 in Chennai, Micro Labs Ltd manufactures Dolo with 650 mg of paracetamol while most other brands sell their paracetamol brand with 500 mg salt -- giving a general perception that Dolo 650 is more effective. Micro Labs with 9,200 employees has an annual turnover of Rs 2,700 crore, including exports that contribute Rs 920 crore.

—Agencies

CRIME FILES

Assault for a room of his own

Bellie.Thomas
@timesgroup.com

TWEETS @Bellie_Mirror

A 72-year-old man has been booked for assault after allegedly kicking his pregnant daughter-in-law on her stomach and assaulting his wife who tried to intervene last week in Annapurneshwari Nagar. Police said the fight broke out around the elderly man and his son and son's family over property.

The daughter-in-law Nandini Bai has told the police that her life and her unborn child's life is in danger if she continues to stay at that house. The Annapurneshwari Nagar police have registered a case against Tulasi Ram for assault and use of criminal force intending to dishonour the victim along with intentional insult and are investigating further.

Tulasi Ram's son Arjun Rao, who works as a bouncer, told Bangalore Mirror that his father had demanded a separate room in their house, but Arjun, Nandini Bai and Tulasi Ram's wife objected to this and did not want him to drink alcohol in the house. This irked Tulasi Ram and he used to pick up quarrels with his wife and daughter-in-law.

> **72-yr-old said to have attacked his daughter-in-law and wife**

According to Arjun, Tulasi Ram, had approached the court and filed a case against him and his family that he was being ill-treated and no money was being given to him though the entire property belonged to him. Their property included a house for themselves and three smaller houses that they had rented out in the same building. According to Rao, the court had ordered him to pay his father Rs 8,000 monthly which he was following and taking care of his father. Of late, Tulasi Ram is said to have wanted more money. Finally the demand for a separate room blew up and ended in the assault.

Pub-owner ditches rent, flees

Pragna L Krupa
pragna.krupa
@timesgroup.com

TWEETS @BangaloreMIRROR

A businessman has filed a complaint with Cubbon Park police against the owner of a well known bar and restaurant at St Marks Road for allegedly not paying a rent of Rs. 35 lakh for the past few months and also damaging the interiors of the place.

The complainant approached the Cubbon Park police on Friday and filed a complaint against the owner of the bar and restaurant that was earlier situated on the second floor of Vasavi Complex in St Marks Road. Police said the accused was running a pub and a restaurant at St Mark's Road and had closed it recently. "The complainant is alleging that the tenant took CCTV cameras and other things worth Rs. 80 lakh. They haven't paid the rent for the past seven months and also taken liquor for Rs. 3 lakh in the owner's name. He also alleged that he has damaged the interiors and has broken the walls of the building. They have another pub and restaurant on Church Street as well," police said.

> **Pub owner also said to have damaged property, taken away stuff**

The complainant told the police the second floor was given on rent to them for Rs. 5 lakh per month and so far, they have to pay a pending rent of Rs. 35 lakh. "He cheated us for about Rs. 80 lakh and destroyed the walls and the floor. Using my name, he took liquor from a bar for Rs. 3 lakh and on top of it, he has not paid the dues of electricity, water and generator of Rs. 3.80 lakh. He has not been responding to my calls and messages and has threatened to kill me if I tried contacting him," he stated.

A police officer said a case has been registered and a notice will be sent to the accused soon.

NHAI, don't miss another deadline

Despite multiple reminders from police, the authorities are yet to reopen Peenya Flyover. Officials say, they need another week

Sridhar.Vivan
@timesgroup.com
TWEETS @sridharVMIRROR

The road under the Peenya Flyover is chockablock with vehicles. Motorists get stuck here for hours

Shiva Kumar, a citizen, was on his way to attend a court case but was stuck in the traffic for hours. Many in the city are facing inconveniences on a daily basis as National Highways Authority of India (NHAI) is yet to reopen Peenya Flyover.

As per sources within NHAI, the flyover was supposed to open last weekend. However, officials said motorists may have to wait another week to reopen the flyover. But at this point, the wait for the flyover to reopen seems like an endless scourge.

The police too are losing patience. A senior police officer told BM, "We are tired of waiting on NHAI for a response. The officials have failed to give us a convincing reply. They have missed many deadlines. We have been pressuring them to open the flyover at least for the lighter vehicles but they are yet to accept our demand."

Peenya Flyover, approximately five kilometres long, connects Goraguntepalya to the Nagasandra Metro Station. It has been shut since the end of last year. This flyover is an important link connecting around 22 districts in the state to Bengaluru, the capital of Karnataka. The closure of the flyover has had a paralysing effect on traffic.

Bangalore Mirror
In letter and spirit
Peenya flyover load test begins; 'may be opened for traffic by weekend'
On Feb 7 BM reported: NHAI was to reopen flyover last weekend

The city has experienced several instances where ambulances have gotten stuck in traffic on the road below the flyover. The traffic is terrible. Motorists cannot move to make way for ambulances even if they want to as they can barely move at all.

The congestion is only worse at certain significant junctions like Peenya SRS, Peenya Police Station, Jalahalli Cross, T Dasarahalli, 8th Mile and NICE. At times the line of vehicles stuck in a jam stretches beyond a kilometre.

Sources said load testing is being conducted and results are being verified. Earlier, DCP (Traffic-West) Kuldeep Jain had written to NHAI about the traffic being affected. NHAI was not taking concrete steps to reopen the flyover. The letter stated that despite the completion of the repair works, NHAI officials continue to delay the load testing without which the flyover cannot be opened at all.

> **We have been asking them to open the flyover for lighter vehicles but they are yet to accept our demand**
>
> —A senior police officer

Jain's letter stated NHAI officials did not seem to understand the urgency to reopen the flyover at the earliest. It said, despite regularly following up with officials, no progress was seen.

"The request of the police that the flyover should be allowed for emergency services like ambulances or lighter vehicles has not been accepted. It has been observed that despite reminders to conduct a safety audit and fix key issues NHAI has been sleeping on the issue without acting on it. The flyover being closed is also affecting VIP movement. Hence, we are asking to take up load testing at the earliest and if any accidents take place due to engineering faults, NHAI officials will be held responsible," Jain had stated in his letter.

Curious incident of the dog in night-time

Four construction workers, minors, caught killing dog on CCTV camera in Cubbon Park on Sunday

Bellie.Thomas@timesgroup.com
TWEETS @Bellie_Mirror

Cubbon Park Police booked four persons, construction labourers, at the site of a building under construction on Rest House Road for killing a streetie, on Sunday night. The accused allegedly hurled a boulder at the dog while it was resting in Shantala Nagar.

Thejeshwar B, the 32-year-old complainant, is an animal activist. Thejeshwar told BM the dog had given birth to puppies only recently and was a feeding mother.

It is said between 7 and 8 pm on Sunday, the accused were walking on the Rest House Road in Cubbon Park and came across the dog. One of them allegedly picked up a boulder and threw it on the dog, causing grievous injuries. It is said, the dog passed away soon after. The incident was captured by a CCTV camera. The police found the dog was very docile and not aggressive at all.

Bangalore Mirror
Not any dog's best friend
Police arrest Bidadi couple's murderer
On Feb 10 BM reported: Audi owner who killed streetie tried to beat up strays

> **It had given birth to puppies only recently. The police found, it was quite docile and approached people to gather food**

"She had recently given birth to a few puppies and would search for food for herself and the puppies. She would walk behind some people she thought would help her out," Tejeshwar told BM.

After investigating more, the police found that the assailants were under 18. A separate inquiry is being carried out to find how the minors were working in Bengaluru at their age.

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9591233247
Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Repairs required
MG Road

The sidewalk near the Metro Station is in a bad condition and must be repaired.

Tow this
Fraser Town

This vehicle on Haines Road has not been moved in a while. It has been abandoned here and the authorities concerned must tow it.

Incomplete work
Malleswaram

The authorities concerned must finish the works on this manhole on 18th Cross.

Coming soon: The physician-scientist, courtesy IISc

In a bid to create a new line of physician-scientists, IISc announced its decision to start a PG medical school along with an 800-bed multispecialty hospital bringing about a confluence of medicine and engineering.

With the onset of covid pandemic, there has been a need to create venues to bring in more innovations from the Indian healthcare system. The PG medical school will focus on training medical students with skillsets that will intersect with Healthcare and Engineering, combining basic science, engineering and clinical sciences to develop affordable health care for Indians.

The academic centrepiece of this initiative will be an integrated dual degree MD-PhD programme aimed at creating a new breed of physician-scientists, who will pursue careers in clinical research to develop new treatments and healthcare solutions, driven by a bench-to-bedside philosophy. They will be trained simultaneously in the hospital as well as in the science and engineering laboratories at IISc.

The holistic approach will lend towards a lab to bench to lab approach. Students will be able to take advantage of the samples in bio-repositories. IISC also plans to utilise Augmented Reality, popularly used in gaming, in the field of medical research. The OTs will be live-streamed to the seminar hall.

In addition, the institution has planned for the 800-bed multi-speciality hospital. The 15-acre Bagchi-Parthasarathy Hospital will be built within the existing IISc Bengaluru North campus. The institution has set aside 10 acres

for future expansion projects as well. The ground-breaking is planned for June 2022 and the hospital will be operational by the end of 2024. The Hospital will have advanced facilities for diagnostics, treatment and research. For the hospital, IISc received its single largest private donation of Rs 425 crore. The institute on Monday inked a pathbreaking partnership with philanthropists Susmita and Subroto Bagchi, and Radha and NS Parthasarathy. "During the pandemic, we have seen how medical colleges across the globe paved way for research and innovation. While the concept of physician-scientists is not new to the rest of the world, IISC would like to introduce it in the country. The research and innovation will cater to provide affordable health care for the next 6 billion people," said Prof. Govindan Rangarajan, Director, Indian Institute of Science. "With research and innovations, we need to be able to provide more affordable healthcare. Technological advancements should not make it less accessible," said Prof. Navakanta Bhat, Dean, Division of Interdisciplinary Sciences, IISc. **—BMB**

No more tax on our spirit please

Industry professionals say more skewed price structure will affect sales and force consumers to look for other sources

Prakash VL
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

With news doing the rounds that Chief Minister Basavaraj Bommai may levy additional excise duty on alcohol to boost revenue, industry experts want the CM to keep the taxes unchanged. Experts say the skewed duty structure is denting Karnataka's excise collection potential and also deterring responsible drinking. The excise duty harmonisation will help the government garner revenue and help consumers get value for premium spirits at a price fair to neighbouring states, they say.

Industry experts say the skewed excise duty, besides making cheap segments cheaper, has made premium segments more expensive. This means encouraging abusive and binge-drinking habits at lower price brackets and forcing consumers of premium segment to think of alternate sources from other geographies.

"Karnataka sells one of the highest bottled alcohol beverages in South India but lags in per-case excise revenue collection as compared to other states. In 2019-20, sale of spirits in Karnataka was at 60.09 million cases and excise collection stood at Rs. 21,584 crore. While in Telangana, 34.88 million cases were sold, with excise collection standing at Rs. 22,210 crore," said an industry-watcher.

According to him, this shows that despite selling almost 72 per cent more spirits than Telangana by volume, Karnataka's excise collection revenue was lesser by almost 3 per cent. The experts say this scenario is because spirits sale in the low end in Karnataka was high as compared to any other major market in the country, contributing to lower per-case revenue. On the contrary, popular and premium IMFL brands, which have high sales potential in the state, were witnessing muted sales owing to very high excise duty, probably the highest in the country.

"People from other states like Maharashtra and others, carry one or two bottles of higher segment in the state and so Karnataka is losing revenue

Segment-wise spirits sale data reveal that the cheap regular category accounted for 93 per cent of total spirits sales in Karnataka, while value for deluxe plus premium category accounted for a miniscule 7 per cent. On the contrary, in Telangana, cheap and regular category accounted for 49 per cent of total spirits sales, while value, deluxe and premium category accounted for 51 per cent.

Industry professionals suggest harmonisation of excise duty structure in Karnataka will be a win-win situation both for the State Government and consumers. Most importantly, equalisation is likely to attract additional investment both from existing and new players to set up production facilities in Karnataka as the state undoubtedly has a huge market waiting to be tapped.

Karunakar Hegde, vice-president, Federation of the Wine Merchants Association (FWMA), Karnataka, said: "People from other states like Maharashtra and others, carry one or two bottles of higher segment to the state and thus, Karnataka is losing revenue here. We have given plenty of proposals and requests to the government asking them not to hike the duty on IMFL and the per centage of profit what dealers in Karnataka get is very meagre because with 10 per cent margin, it is very difficult to run the show. We have requested the government to hike the per centage of profit also."

ISRO successfully orbits 3 satellites

The Indian Space Research Organisation on Monday successfully placed its earth observation satellite EOS-04 and two small satellites into the intended orbit, its first launch mission in 2022. Following a smooth countdown of 25 hours and 30 minutes, the workhorse launch vehicle, the Polar Satellite Launch Vehicle (PSLV-C52) with the three satellites onboard blasted off at 5.59 am from here amid dark, early morning skies.

ISRO said the important flight events -- stage and strap-on ignitions, heat shield separation, stages and strap-on separation and satellite injection -- took place exactly as planned. It said after a flight of about 17 minutes, 34 seconds, the three satellites -- EOS-04, INSPIREsat-1 and INST-2TD -- were injected successfully into a sun-synchronous polar orbit of 529 km, and the orbit achieved for the satellites is "very close" to the intended orbits.

After the separation, the two solar arrays of EOS-04 deployed automatically and ISRO Telemetry Tracking and Command Network (ISTRAC) at Bengaluru, assumed the control of the satellite, it said, adding that, in the coming days the satellite will be brought to its final operational configuration following which it will begin to provide the data.

Today's launch also happens to be the first mission after Somanath took over as the Secretary, Department of Space and Chairman, Space Commission, recently. Thanking everyone for making the mission possible, he said: "This spacecraft is going to be one of the biggest assets for us to serve the country." **PTI**

New National Cricket Academy work begins

Work has begun on the country's new National Cricket Academy (NCA) with the BCCI brass, including president Sourav Ganguly and secretary Jay Shah, laying the foundation stone of the complex in the city on Monday. The BCCI has secured the land on a 99-year lease.

"The new National cricket Academy starts from today ..laid the foundation stone of the new place today in Bengaluru," Ganguly tweeted and also shared images of the ceremony.

The foundation stone was laid in the presence of BCCI vice president Rajeev Shukla, treasurer Arun Dhumal, joint secretary Jayesh George and NCA head VVS Laxman.

Since the existing NCA's establishment in 2000, it has been running from the premises of the M. Chinnaswamy Stadium in the heart of the city. The Karnataka State Cricket Association (KSCA), which owns the stadium, had rented out to the BCCI its Ground B for outdoor practice, besides an indoor practice facility, and separate space for a modern gymnasium.

The new facility, which is expected to be ready in a year's time, will have three grounds where domestic matches can be held. **PTI**

>> P8 How deep is the ABG Shipyard's rabbit hole?

How kids are post covid-19

CONTINUED FROM PAGE 1

physical classes and children's development. The majority of the health-related issues are due to the lack of social interactions.

"They have been totally deprived of the calming effect of the school environment and peer groups. Children have been yo-yoing with online and offline modes of learning and it is causing tremendous amounts of stress. My daughter is in class X and I am struggling with her. Her behaviour has certainly changed over the last few months," said Dr Chandrasekhar.

While children are trying to adjust to the new normal, parents, as per the experts, are facing compassion fatigue.

"The effects of pandemic are emerging now. Repeated closure of schools has interrupted not just the academic learning, but life and social skills training too. Without a routine to follow and high screen addiction, interpersonal interactions have gone for a toss. I have had many cases of children misusing digital devices they were using to attend online classes. It is difficult for parents to keep an eye on children all the time," said Meera Ravi, child counsellor.

When it comes to younger children — the pre-schoolers — more and more cases of significant speech delay are coming to the fore. Moreover, addiction to the virtual world is turning their behaviour to rash and impulsive in nature.

"In the younger age group, we are seeing a lot of screen exposure. Moreover, there is hardly any interaction with peers, leading to significant speech delay. At this stage, interaction with a peer group encourages a lot of positive behaviour. Screen addiction is also resulting in stubbornness, grouchiness and temper tantrum. Parents are struggling with developing feeding routines without the usage of digital media," said Dr Chandrasekhar.

Long-term impact

Healthcare professionals are of the view that the lack of physical activity and social skills that children are experiencing now, will manifest in their behaviour later in life.

"As they grow up, obesity can lead to chronic conditions. Lack of physical activity and interaction with peers can impact their wellbeing and growth. Having a solid set of social skills allows you to communicate, relate to, and connect with other people. With lack of these skills, a child will have low self-esteem and will not be able to communicate, carry on their day-to-day activities and interact well. This affects mental and physical health and when they grow up, they will show behavioural issues," said Dr Chinthalapalli.

Be receptive

At times like this, the onus lies on the parents. Experts said parents should be more receptive to children's issues, should get involved in fun activities with them and allow an easy transition.

"We are not sure when life will be back to normal again. The key is to teach the children to follow covid safety precautions. Parents should try to reduce children's screen time, get involved and do fun activities with them. Children are great imitators; parents should be their role models. It is important that parents listen to their problems and encourage them as much as possible," said Dr Chinthalapalli.

"We are hoping it will ease down. The important caveat is that going to school has become a strenuous exercise. They need a lot of psychosocial support in getting back to the routine. Parents must recognise and acknowledge these changes and allow an easy transition," said Dr Chandrasekhar.

'Rowdy money lenders' at large in Byadarahalli

CONTINUED FROM PAGE 1

The gang members, one of whom was identified as Azaruddin by the cops, started hurling abuses at Kumar all of a sudden. Soon, three of them caught hold of Kumar while one started punching him on his nose and head repeatedly. When Kumar tried to resist, Azaruddin broke a beer bottle and with the broken pieces of the bottle stabbed Kumar on his flank.

"My son sustained 19 stitches on his body and will require surgery as his nasal bones are fractured," victim's father Chikkanna told Bangalore Mirror.

Chikkanna told the police that a certain rowdy gang headed by one Kulla Shivaraja and his associates were troubling people like him who belong to low-income groups, who are often forced to avail loans from private financiers, especially during the pandemic.

"If anyone approaches these men for loans and later ends up taking a loan from another financier, they would come after you. And if you did take the loan, and do not pay back the said amount with interest, they will be taken care of," Chikkanna added.

Chikkanna said his son Kumar had opted for a loan from a private financier during the pandemic, and since the interest rates were high, he opted to avail the money from another friend. This irked the private financier who with the help of goon elements were intimidating his son wherever he went.

"There is a gang headed by Kulla Shivaraja, who is the head and is at present in jail, along with Kengunte Abhi, Chappar Kariya Chethu, Ande Devaraja, NH Naveena and Sanju who operate in and around Andrahalli, Thigalarapalya, Kamakshipalya and Kambalnagar," Chikkanna told Bangalore Mirror.

Some of them are in judicial custody and they instruct their associates outside to carry on their anti-social activities.

"It was this gang that had used pepper-spray on policemen when they attempted to arrest them while they were preparing for dacoity. A case was registered against them," Chikkana recalled.

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I Shaheen Begum D/o Mohammed Sarmuddin R/at No.3, Artillery, 2nd Cross, Cambridge Road, Halasuru Bangalore - 560008 have changed my name as Rida Sarmudd in front of Notary G.Rajendra, Bangalore.

I, Gopi S/o Krishnappa R/o No.27, 4th main, 1st cross, Manjushree Lyt, Varanasi, T.C palya main road Bengaluru 560036 have changed my name to GOPI.K (Gopi Krishnappa) affidavit Dt.10/02/2022 notary A.R Muneer Ahmed B'luru

I, K MOHAMMED ABHID, R/o No. 9024, Prestige Royale Gardens, Near Vajram Tiara, Avalahalli, Bengaluru - 560064 have changed my name as K MOHAMMED AABHID at Bengaluru.

I Swati Harsh Parikh W/O. Harsh Pravin Parikh R/o 23b Atria, Tata Aquila Heights, Hmt Estate, Jalahalli, Bangalore -560013 have changed my name to Swati Saraswatula for all purposes.

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Price hike only way to sustain power supply

... says State Energy Department in its Annual Recurring Revenue report that quotes a deficit of Rs 4,609 crore for financial year 2022-23

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Men ride motorcycles past electric pylons built to transfer electricity generated at the Pavagada Solar Park in Vollur village, Karnataka

The Energy Department has prepared an Annual Recurring Revenue (ARR) report on the availability of electricity, the purchase cost, supply, and revenue from 2022 to 2025. According to the report, there will be a deficit of Rs 4,609 crore for the year 2022-23.

So, for 2022-23, the report has recommended a hike in price per unit by Rs 1.58 and subsequent revisions were suggested for 2023-24 and 2024-25, based on the revenue deficit. This ARR report has been submitted to the regulator Karnataka Electricity Regulatory Commission by recommending a price hike.

As per the ARR report for 2022-23, there is a requirement of 71,185.49 million units of power in the state. This needs Rs 34,029 crore in funds at Rs 4.78 per unit and Rs 2,735 crore for supply. After getting the power tariff, there is a deficit of Rs 4,609 crore.

In BESCOM jurisdiction, 33,688 million units of power is expected for usage and this needs Rs 17,279.82 crore which comes to Rs 5.13 per unit. The Energy Department also submitted the report to Karnataka Electricity Regulatory Commission (KERC) also.

As per the report for 2022-23, 71,185.49 million units of demand, in 2023-24, 73,479.73 million units, in 2024-25, 75,893.72 units demand will be created. At present, the power generation capacity of the state including hydro, thermal, solar, and central grid combined is 1,04,597 million units. Now the available capacity is only 54,662.27 million units. This is manageable, but it will create problems when there is a shortage of power supply. The power supply cost also increases from next year. In 2022-23, Rs 2,7735 crore is expected for supply. In 2024 it is Rs 3,313 crore, in 2025, it will be Rs 3,919 crore.

As per the ARR report for 2022-23, there is a requirement of 71,185.49 million units of power in the state

Opposition to proposal

The Karnataka Small Scale Industries Association (KASSIA) has said that many consumers were moving away from BESCOM due to tariff hikes. In a submission to KERC, KASSIA took strong objection to the proposed Rs 1.58 paise per unit hike in power tariff by BESCOM. Any hike should be within plus or minus 20 per cent of cost as per national tariff policy mandated by Centre in 2006 although BESCOM is yet to work out the cost even though it should have done so by 2011.

"Pending dues from the government installations of Rs 698.85 crore should not be passed on to the consumers. The present fixed charge of Rs 250 per KVA should be reduced to Rs 200 per KVA, since the machines installed depreciate every year and should not be increased as held by the Supreme Court. BESCOM has not disclosed any plan for introduction of pre-paid meters as provided under Section 47(5) of the Electricity Act, 2003, and has made tardy progress in completing metering of DTCs," said KASSIA membeRs

The report from KASSIA also said that BESCOM should have clearly indicated steps taken for improvement of efficiency. "The Commission may call for competitive tariff bidding. The proposed flat hike of Rs 1.58 paise for all categories is unjustified especially in case of small-scale industries (LT 5 and HT 2 (a) categories) who are subjected to load-shedding, unscheduled interruptions. Their very survival is at stake, if the tariff is not brought down," KASSIA added.

HC strikes down ban on online gaming

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The Karnataka High Court on Monday struck down provisions of the Karnataka Police (Amendment) Act, 2021 that has banned online games, saying that the provisions were ultra vires to the Constitution.

The division bench headed by Chief Justice Ritu Raj Awasthi and Justice Krishna S Dixit gave the order, stating: "However, nothing in this judgment shall be construed to prevent an appropriate legislation be brought about concerning the subject i.e.: betting and gambling in accordance with the provisions of the constitution. A writ of mandamus is issued restraining the respondents from interfering with online gaming business and allied activities of the petitioners."

The Karnataka Police (Amendment) Bill, 2021 was mooted by the ruling BJP to amend the Karnataka Police Act 1963, in the Monsoon session. The BJP leaders claimed that they were introducing the Bill to ban online gaming in the interest of people. The law included all forms of wagering or betting in connection with any game of chance barring horse racing. The new Act banned all formats of online games involving wagering, betting and gambling of all nature and forms in the state.

Under the new legislation, online gaming was considered a non-bailable offence with a fine of Rs 1 lakh and imprisonment up to three years. Along with banning games of skills, the government had also categorised online games using electronic means and virtual currency, electronic transfer of funds in connection with any game as gambling. However, the new law was opposed by online gaming companies and it was said that the policy would affect the prospectus of the city which is emerging as a hub of online gaming companies.

The Internet and Mobile Association of India (IAMAI) had stated that the new legislation by the government will dent the image of Karnataka as a startup hub and the state exchequer will see a huge revenue deficit. It also maintained that with the new legislation offshore gamblers will flourish. Sources say that the state has more than 100 gaming companies with a workforce of 4,000.

(with inputs from agencies)

Thumbs-up to covid response in Governor's address

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A red carpet on the steps of Vidhana Soudha Legislative Hall on Monday

Governor Thaawarchand Gehlot on Monday said covid fatalities in the state during the pandemic were much less as compared to other parts of the world, thanks to Karnataka's effective management.

Addressing the joint session of Karnataka legislature, which started on Monday and is slated to go on till February 25, Gehlot said: "Karnataka won the E-governance award for its effective Covid-19 management using technology. The state relied on five Ts: Testing, Tracing, Tracking, Treatment and Technology."

The vaccination drive was carried out at 6,000 centres and 9.33 crore doses were given to the eligible population.

"The state succeeded in giving 100 per cent first dose and 85 per cent second dose. The state conducted over six crore tests," Gehlot told the House. According to him, the state ranks second in terms of telemedicine-based health services under the National Health Mission.

Congress MLAs don black band during address

Congress legislators in Karnataka wore black bands on Monday during the Governor's address to the joint sitting of the state legislature to protest against the hijab row, accusing the BJP government's role in it.

The principal opposition party in the state assembly also demanded immediate action against Minister for Rural Development and Panchayat Raj K S Eshwarappa for his recent statement claiming that 'Bhagwa dhwaj' (saffron flag), may become the national flag sometime in the future.

"We are protesting by wearing a black band because the hijab issue is their (BJP government) creation; they are the ones who sent students (to colleges) with saffron shawls. Eshwarappa has admitted it," leader of opposition in the assembly Siddaramaiah said.

The former chief minister said the black band is also in protest against the rejection of Narayana Guru's tableau during the Republic Day parade.

Demanding action and a criminal case against Eshwarappa for his statement, Siddaramaiah said, patriots do not say such things.

(with inputs from agencies)

Ban on apps with Chinese link
India on Monday blocked 54 more apps with Chinese links, including Tencent Xriver, Nice Video baidu, Viva Video Editor, citing security and privacy concerns

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Ukraine sends shivers down Sensex spine

Crash of 1,747 pts as Russia-Ukraine tension roils global markets

#MUMBAI

The BSE benchmark Sensex plunged 1,747 points while the Nifty crashed below the 17,000-level on Monday as escalating Russia-Ukraine tensions sparked a retreat from riskier assets globally.

A depreciating rupee and foreign fund outflows added to the gloom, traders said.

Plunging for the second straight session, the 30-share BSE Sensex nosedived 1,747.08 points or 3 per cent to settle at 56,405.84. This was its biggest single-day drop since February 26, 2021.

On similar lines, the broader NSE Nifty plummeted 531.95 points or 3.06 per cent to 16,842.80 -- closing below the key 17,000-level for the first time this year.

The Sensex has now lost 2,520.19 points in just two sessions. Investors have lost more than Rs 12.38 lakh crore in two days, with the market capitalisation of all BSE-listed firms standing at Rs 2,55,42,725.42 crore.

On the Sensex chart, barring TCS, all shares closed with steep to moderate losses on Monday. Tata Steel was the biggest laggard, tumbling 5.49 per cent, followed by HDFC, SBI, ICICI Bank, IndusInd Bank, Kotak Bank and Maruti.

"Increased tension between the US and Russia over Ukraine sent oil prices rising and forced investors to dump risky assets. Risk sentiment was further dampened ahead of the Fed's emergency meeting which heightened fears of aggressive monetary tightening.

"On the domestic front, the annual WPI inflation eased marginally to 12.96 per cent in January from 13.56 per cent in December, but still high, amid moderation in the fuel and power prices," said Vinod Nair, Head of Research at Geojit Financial Services.

The 30-share BSE Sensex nosedived 1,747.08 points

> **"Increased tension between the US and Russia over Ukraine sent oil prices rising and forced investors to dump risky assets.**
>
> –Vinod Nair, Geojit Financial Services

Ajit Mishra, VP - Research, Religare Broking, said, "As anticipated, global cues are now dictating the trend and the prevailing geopolitical tension between Russia and Ukraine combined with a steady uptick in crude is not going well with the participants. After weeks of consolidation, we feel bears are now in a more commanding position and likely to push the index further lower."

All 19 BSE sectoral indices suffered losses, with realty, metal and banking plummeting over 5 per cent. Broader smallcap, midcap and largecap indices shed as much as 4.15 per cent.

Elsewhere in Asia, bourses closed deep in the red after concerns that Russia may soon invade Ukraine, which also sent oil prices soaring. Markets in Europe too were trading with heavy losses in the afternoon session.

The US administration has become increasingly outspoken about its concerns that Russia will create a false pretext for the invasion of Ukraine. The US has reaffirmed its commitment to defend "every inch" of the NATO territory.

Global crude oil benchmark Brent futures spiked over 1 per cent to USD 95.44 per barrel on Monday.

The rupee plunged by 24 paise to close at 75.60 against the US currency on Monday. **–PTI**

How deep is the ABG Shipyard's rabbit hole? What we know

A view of ABG's shipyard in Surat

#NEW DELHI

The Central Bureau of Investigation (CBI) will put a spotlight on the alleged involvement of "public servants" in the country's biggest bank fraud involving ABG Shipyard, people in the know said. The central agency last week booked ABG Shipyard, its directors Rishi Kamlesh Agarwal, Santhanam Muthaswamy, Ashwani Kumar, and others including "unnamed public servants" for allegedly duping a 28-member bank consortium of ₹22,842 crore. It has registered the case on charges of abuse of official position, criminal conspiracy, cheating and criminal breach of trust. As per the FIR, reviewed by ET, the alleged offence occurred between the years 2012 and 2017.

As per law, top officials of a bank including its chairman, directors, auditors, managers and employees are deemed to be public servants. Their possible involvement assumes significance especially as the complainant, a Mumbai branch of State Bank of India, in its complaint told the CBI that it does not suspect the involvement of its own staff in the fraud.

The SBI branch petitioned the CBI ten months after an audit conducted by EY pointed to the alleged fraud. The SBI, which is part of the bank consortium, submitted the complaint first in November 2019, referring to the audit report submitted in January that year. The CBI returned the petition, seeking more information, including on internal probe by the bank, possible involvement of bank insiders, instances of siphoning of funds, and details of fraud committed on other banks which were part of the consortium.

The SBI branch filed a "fresh" complaint in September in 2020. It informed the CBI that "staff accountability has been dealt with and closed by the competent authority ... and no staff accountability was found".

On whether irregularities were committed by public servants, SBI in its fresh complaint said the "bank is not suspecting the involvement of its staff in the fraud ... and that the bank is not suspecting any common conspirator". It, however, stated that "the involvement of unknown persons and public servants may also be examined". SBI said the consent of other consortium members was not received before the filing of the case in 2019, but it got the go-ahead from most during three meetings held in 2020. **–By Raghav Ohri, ET**

Retail inflation spurts to 7-month high in Jan

#NEW DELHI

Driven by rising prices certain food items, retail inflation soared to a seven-month high of 6.01 per cent in January, breaching the upper tolerance level of the Reserve Bank.

According to the Consumer Price Index (CPI) data released by the government on Monday, the retail inflation in 'oils and fats' category stood at 18.7 per cent

Several other segments, including fuel and light, clothing and footwear and transport and communication witnessed over 9 per cent price rise on an annual basis.

The CPI inflation in December 2021 has been revised upwards to 5.66 per cent from 5.59 per cent. In the year-ago month of January 2021, the retail inflation stood at 4.06 per cent. The previous high was 6.26 per cent in June 2021.

As per the data released by the National Statistical Office (NSO), the inflation in the food basket was 5.43 per cent in January 2022 as against 4.05 per cent in the preceding month.

The rate of price rise in 'cereals and products' quickened to 3.39 per cent during the month as against 2.62 per cent in December.

Likewise, the retail inflation in 'meat and fish' category accelerated to 5.47 per cent from 4.58 per cent. In vegetables, the inflation moved up to 5.19 per cent against a deceleration of (-)2.99 per cent in December.

However, price rise of 'oil and fats' softened during the month with an inflation print at 18.70 per cent. **–PTI**

Introducing the new CEO & MD of Air India, Ilker Ayci

#MUMBAI

Tata Group on Monday appointed former Turkish Airlines chairman Ilker Ayci as chief executive officer (CEO) and managing director (MD) of Air India. He will assume charge on or before April 1, 2022.

The Air India board met this afternoon to consider the candidature of Ilker Ayci. N Chandrasekaran, Chairman of Tata Sons, was a special invitee to this board meeting. The board after due deliberations approved the appointment of Ilker Ayci as the CEO & MD of Air India, Tata Sons said in a statement.

Tata Group last month took over management and control of Air India from the government.

Reacting on Ilker Ayci appointment, N Chandrasekaran said, "Ilker is an aviation industry leader who led Turkish Airlines to its current success during his tenure there. We are delighted to welcome Ilker to Tata Group where he would lead Air India in the new era."

Ilker Ayci was formerly chairman of Turkish Airlines

Until very recently, Ilker Ayci was the chairman of Turkish Airlines. He was also on the board of the company prior to that.

Born in 1971 in Istanbul, Ayci is an alumnus of Bilkent University's Department of Political Science and Public Administration. Ayci resigned from the board of Turkish Airlines on January 26, 2022.

"I am delighted and honoured to accept the privilege of leading an iconic airline and to join Tata Group," Ayci said in the statement.

"Working closely with my colleagues at Air India and the leadership of the Tata Group, we will utilise the strong heritage of Air India to make it one of the best airlines in the world with a uniquely superior flying experience that reflects Indian warmth and hospitality," Ayci said. **–ANI**

BEST OF
DR MAHINDER WATSA

The finest responses of Dr Watsa are being republished in this column as a tribute to him.

1 I am a 25-year-old man. Some time ago, I made up my mind to refrain from masturbating entirely for one or two years. With some luck, if I should happen to get a chance to have sex, I will engage in the act, but even if I do not get such an opportunity, I am absolutely determined to resist the urge to masturbate for this span of time. I would appreciate it if you could tell me if you think it is a bad decision. Is it likely to cause any harm to my body? Could it have any negative effects on my health? Also, sometimes, though it is very rare, I have noticed that if I don't masturbate for a long time, I experience a burning sensation while urinating. What could be the reason for this? What do you recommend I do?

If you do not release yourself of the excess semen by masturbating, the tricky semen will be discharged at night. Ideally, you should masturbate when sexually excited. There is no connection between masturbation and the burning sensation you have been experiencing. You should increase your intake of liquid.

2 I am a 20-year-old man and I have no facial hair at all — neither a beard nor a moustache. All my friends, on the other hand, do have facial hair. This is very embarrassing for me, and I cannot understand why I am the only one in this situation. What could be the reason behind this and what should I do to remedy the situation?

There is no need to feel embarrassed about it as there are many men who lack facial hair, and they are all normal. Do not worry about it. Consult an endocrinologist — he or she will be able to help you to identify the cause.

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Better save than sorry

Five suggestions to consider if you are serious about upping your financial game

Vrushali Khadilkar
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Your next expenditure is always just one tap away these days. Mired in confusion and stagnation, one just finds retail shopping therapeutic. Certainly, WFH levelled up your splurging spirits and definitely, it soared high after getting acquainted with the million different quirky Instagram shops with their ads. So, here we belt out five ways that, hopefully, can help you in upping your savings game.

Track 'em dimes

Time to open sheets on your desktop and note where the money is going every day and during each quarter. Remember, numbers never lie. There are super-helpful spending tracker apps available that will make the whole process way easier. Create a good relationship with money. Acknowledge where the money is getting spent and exercise that control. You can check out apps like goDutch and HerAlpha.

Save it

If you haven't opened a savings account yet, make sure you have one which offers good interest rates. Let the money work harder for you. Don't connect this account with your phone's wallet so that you can compartmentalise your pockets well. Also, If your little ones have some money in their piggy banks, open a minor's savings account.

Be on a budget

Many of us struggle in the budgeting department; seek the help of a financial advisor and become financially literate. Every month, make a realistic goal of not spending at least 20 per cent total income. Start small and take it from there.

Spend less

Skip that expensive coffee! Seriously, don't get used to a lifestyle that's heavy on your pocket just for the 'Gram. Cut out on any OTT platform on which you don't jump on quite often. If you are in the dating pool, a survey by Dealsunny's, Spending Behaviour in India 2016 states that 37 per cent 35 to 45-year-olds spend more than Rs 3,000 per date, with up to 11 per cent entrepreneurs stating that they would spend more than Rs 4,500 on a single date! While this seems excessive, it's the hard truth – dating, especially in 2022, with all those masks and sanitisers, is an expensive ride.

Pick the right tool

Once you are on the path of s aving "x" amount every year and you know what your goal is, saving becomes fun. You can invest in equity, crypto currency, stocks or mutual funds as well. Seek professional advice whenever needed and play safe.

As we try to achieve financial independence, it is vital to start investing, budgeting, saving and planning for the future. Also, don't become too rigid with finances; give yourself treats for all the hard and smart work you always put in. But don't forget to save for the rainy day!

Ways you're losing money without realising

Financial education entails not only saving, earning and investing money, but also keeping track of it to avoid mysteriously losing it. Have you ever noticed how much money you're losing because you're not spending it? Hidden charges, late fees, and extra charges are quiet killers that consume your hard-earned money without your knowledge. It doesn't appear to be hazardous, but it could drain your savings if you don't pay attention. Rather than falling to laziness, plan ahead of time and keep track of your bills, offers, emergency savings, and other important financial information to help you plan for the future. Dipshi Sharma, Portfolio Manager at PeakAlpha Investment Services Pvt Ltd, wealth management company in Bengaluru, explains how to fix a leaking wallet.

Credit card shopping

- **A slim wallet with a few notes may stop you from making impulsive purchases. But when you use your credit card to buy things now that you will pay for later, you are spending money you don't have. Credit card payments attract very high interest rates. Before you shop, ask yourself, "Do I want it or do I need it?"**

Hidden cost of vacations

- **Vacations are fun, and great if you have planned them earlier and have a vacation budget. But if you don't, you will lose money because the relaxed mood of a vacation can make you spend carelessly. Book in advance and look out for deals or take a timeshare option to optimise vacation budget.**

Salon visits

- **Keep tabs on your salon visits. Not all visits need to fall in the luxe category. Your no-frills neighbourhood salon works just as well. Keep the big spend in fancy salons for special occasions.**

—Kayalvizhi Arivalan

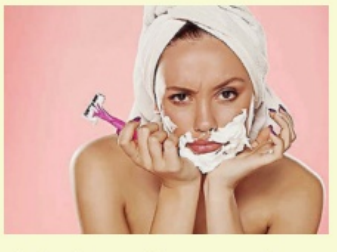
MIRRORLIGHTS

Let's face it, gals

Many do not feel comfortable sporting facial hair. If you can't embrace it, it's time to shave it, wax it, tweeze or bleach it. But, if you're looking for a long-term solution, you should consider electrolysis and laser treatment.

Shaving your face with a razor might cause you to run into some trouble if you aren't super careful. To get that smooth finish without making a fuss, pick one of the many lipstick-sized hair removal tools commercially sold. These are versatile and easy to carry anywhere. Most importantly, they help you in getting rid of unwanted hair within seconds. Or, try Intense Pulsed Light (IPL). This method can reduce hair growth eventually. You just have to follow the instructions religiously to get more benefits! Investing in a good IPL can be beneficial over the long term.

If you don't prefer shaving or sugaring your facial hair, you can opt to just tweeze them out with the help of a pair of tweezers. If



plucked correctly, you can keep unwanted hair from cropping up again for six weeks or so! There are many new tweezers available in the market now. If a manual one isn't your style, go for an electric tweezer for ease of use and greater efficiency.

Remember that opting out of these solutions is absolutely fine; don't let facial hair stop you from reaching your truest potential! But if you want to do away with unruly and unwanted facial hair, consider which of these options fits your pocket and choose the right one for you to make your skin smooth and life easy.

Other than these methods, newer technological developments are also coming forth to the rescue.

—Vrushali Khadilkar

mybangaloremirror@timesgroup.com
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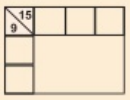
SOLVE IT IN A MINUTE

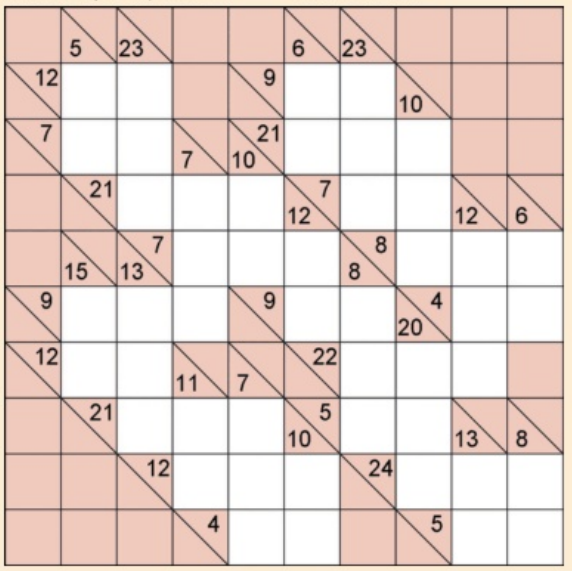
What is the smallest number that increases by 12 when it is flipped and turned upside down?

Kakuro

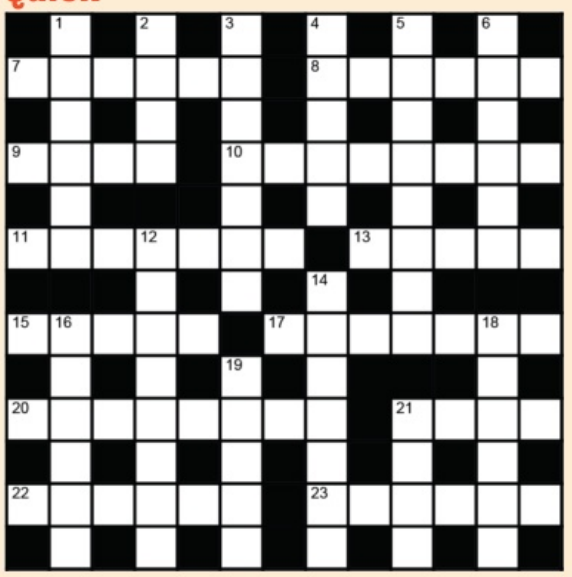
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Common or reciprocal (6)
8 Role models (6)
9 Apple's tablet (4)
10 Branch of mathematics (8)
11 Mythical monsters (7)
13 Snow vehicles (5)
15 Destroys, mars or disfigures (5)
17 Microsoft OS (7)
20 Performed, as if on stage (5,3)
21 Minstrel (4)
22 Unemotional (6)
23 Nod involuntarily (6)

DOWN

1 Pullover (6)
2 One pound sterling (4)
3 Graceful in form (7)
4 Former US president (5)
5 Divulged or uncovered (8)
6 Erupted or exploded (6)
12 Cautiously or in a circumspect manner (8)
14 Pays heed (7)
16 Famous landmark on the corner of Kasturba road and Vittal Mallya Road (2,4)
18 Gentle heat (6)
19 Merchandise (5)
21 Ship post (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: K EQUALS U

L JDOU QFKSN PJDP LQ AFK RFOU RLQU, RLQU ELRR RFOU AFK YDMB.

Linemaro

Look at her shirt label. (She asks: What are you doing?) You say: "I knew it! Made in heaven"

Mindchow

A hug is a great gift – one size fits all, and it's easy to exchange

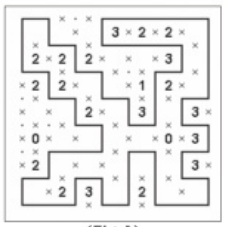
Joke of the day

Time is the best teacher; unfortunately it kills all its students.

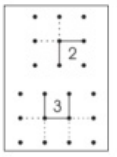
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



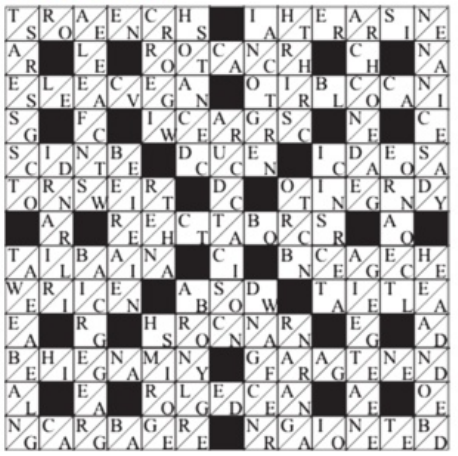
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6			V	
7				
8				
9				

ACROSS

1 A doll; 6 V Lara; 7 No rig; 8 Genoa; 9 Slope

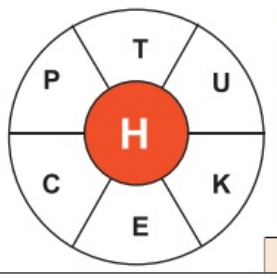
DOWN

1 A gall; 2 Goral; 3 Do Pro; 4 Envoi; 5 Elans

Mensapuzzle

Which letter replaces the question mark and completes the puzzle?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

03 Average; 04 Good; 05 Outstanding

SudokuChallenge

				9				
	7	5	3		1	2	6	
1			5		4			3
7			1		3			5
	6						1	
5			8		9			2
4			2		6			8
	9	2	4		7	3	5	
				5				

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 2

3 5 5 9

Medium = 1

1 1 7 9

Hard = 15

3 6 8 3

Hocusfocus

Find at least six differences in details between panels.

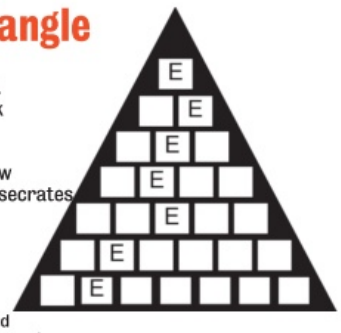
Differences: 1. Tie is shorter. 2. Pillow is larger. 3. Drawer is added. 4. Lamp is different. 5. Fingers are not showing. 6. Foot is moved.

Riddler

Fill in the sentence below so that the first two words combine to make the third word. For example, given "The prime minister ____ the meeting, even though the ____ was technically the ____ official," you would fill in RAN, KING, and RANKING. If there is not enough light to ____, ____ ____ the lamp.

Alpha triangle

1 Second vowel
2 South East, abbr.
3 Bishop's bailiwick
4 Beginnings
5 Spirited horse
6 Established by law
7 Dedicates or consecrates



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

HEY, REDEYE!
ISN'T THIS THE SAME SPOT YOU ONCE GOT TRAMPLED BY A HERD OF BUFFALO?!
YES, BUT LIKE THEY SAY--"LIGHTNING NEVER STRIKES THE SAME PLACE TWICE"
12/2

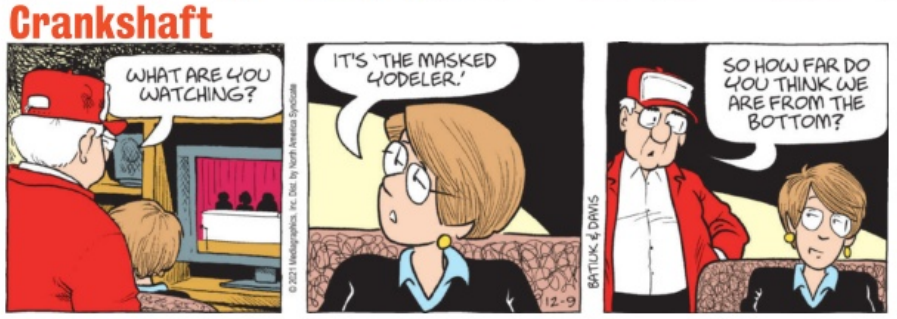
Bizarrotrip

Diamond Lil

Hart of the city

LEE IS ONLY A RECENT FRIEND, BUT WHAT I DO KNOW IS THAT SHE'S SUPER FASHIONABLE. SO MABYE GET HER A CLOTHES THING?
AND SHE SEWS, RIGHT? I CAN GET HER SOMETHING FROM MICHAELS, HOBBY FOYER, OR FLO-ANNS OR SOMETHING!
I DIDN'T REALIZE YOU WERE SO VERSED IN CRAFT STORES.
MY MOM'S A CARTOONIST; ARTSY PEOPLE ARE AT CRAFT STORES ALL THE TIME. COUPON TUESDAYS ARE THE BEST.

Crankshaft



Mutts

HOW DOES A CAT HELP SANTA?
Ho
I STUFF THE STOCKINGS
...PLAY WITH THE TINSEL, WRAPPING PAPER ...AND TIP OVER A TREE OR TWO.
mutts.com
12-20

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you may be impatient which may reflect in your way of working. There may be some silly mistakes which may cause your work to be incomplete. Investments in fixed assets are advised to be postponed for some days. With the help of elder's blessings, you may overcome the messy situation. In the evening, you may be focused towards your work.

Taurus Apr 21 – May 20
Today, you will be blessed by the moon, your destiny is likely be with you. Today, you may be more energetic and focused on your work. Your hard work may pay you in terms of success. Your subordinates may help you. You are likely to go for short work-related travel. Some good news may come from your sibling. You may plan to renovate your house or office where your creativity will be tested.

Gemini May 21 – Jun 21
Today, you may be able to control your expenditure on worthless things, which may increase your savings. You may be more creative today; you may use your creativity in your office or at home, which may enhance your social status. Lovebirds are likely to get some support from their family members and friends for marriage.

Cancer Jun 22 – July 23
Today, messy situations will now be under control. You may feel peace at mind. You may be able to make a proper balance in expenditure and earnings which may increase savings. You are advised to avoid too much travelling or overworking; it may affect your health. Students can start planning for their higher studies. Lovebirds may enjoy their happy moments.

Leo Jul 24 – Aug 23
Today, you may face health issues which may make you impatient. You are advised to control your short temper. You may spend your hard-earned money in buying worthless stuffs; it may affect your savings. Lovebirds are advised to avoid discussions on worthless topics; otherwise, there might be a break-up.

Virgo Aug 24 – Sep 23
Today, you may meet some influential person who may help you in the progress of your work. Your network will be strong with the help of that person. You may prepare yourself to implement new ideas in to your work or business. You will plan to invest more capital into your business which may give you financial gains in near future.

Libra Sep 24 – Oct 22
Today, your mother's health may be good. You may enjoy work; you may get rewards for your hard work. Your social respect may increase now. Overworking your mind may make you tired; due to work load, you may not be able to reach some family event.

Scorpio Oct 23 – Nov 22
Today, you may be satisfied with work. You may plan for a short work-related trip. You may also visit some religious place to maintain your inner peace. Your gurus may show you the right path, which may give you clarity regarding your goals.

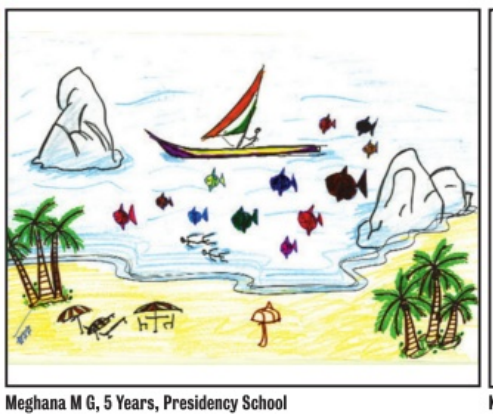
Sagittarius Nov 23 – Dec 22
Today, you may feel dull; it is advised to keep your mind cool; it's a golden rule for you to think twice before acting. You may travel to recover your money, otherwise you may lose your money. You are also advised to avoid adventure tour. Students are advised to go for in-depth study to get success.

Capricorn Dec 23 – Jan 20
Today, you may plan to renovate your house. You may buy some artefacts or creative stuff which will improve your social status. You may also invest in properties and other assets. You are likely to enjoy your romantic moments with your spouse which will increase the emotional relationship. Lovebirds may take some important decision in terms of marriage.

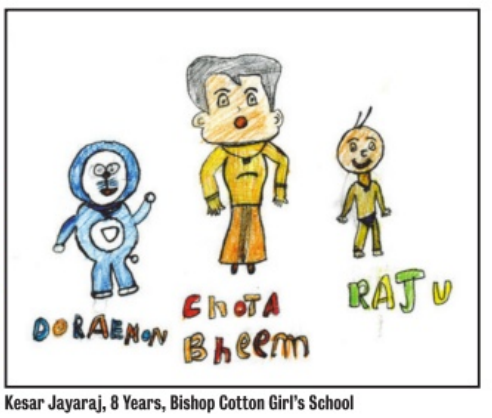
Aquarius Jan 21 – Feb 19
Today, you may feel happy. Chronic health issues related to family members may not be cured. Money which was stuck may be recovered now, which may increase liquidity in the business. People who are in jobs may get some incentives which will improve their financial health. Job-seekers may get job with the help of any relative or friend's reference.

Pisces Feb 20 – Mar 20
Today is important for domestic life. You may be busy with kids. You may hear some good news in terms of kid(s)' education. You may buy some creative stuff for home or office to maintain your social status. You are advised to use wisdom while buying any household stuff or jewellery.

KIDZONE



Meghana M G, 5 Years, Presidency School



Kesar Jayaraj, 8 Years, Bishop Cotton Girl's School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
86. When it is turned upside down and flipped, it becomes 98, which is 12 more than 86.

BULL'S EYE
chute, etch, heck, ketch, KETCHUP

FAST FIVE

A	L	D	O	L
L	A	R	V	A
G	R	O	I	N
A	G	O	N	E
L	O	P	E	S

RIDDLER
If there is not enough light to READ, JUST READJUST the lamp.

STRIKE OUT

G	A	R	A	G	E	R	A	I	N
A	R	E	O	L	D	E	N	A	E
B	I	G	A	M	A	F	A	G	E
A	C	T	E	D	O	U	T	B	A
E	R	I	E	B	O	W	S	T	E
T	I	B	I	A	I	B	E	A	C
A	R	E	C	T	O	R	S	A	
O	N	S	E	T	C	O	N	E	N
C	I	T	E	D	U	N	I	D	E
S	C	W	E	A	R	S	E	E	
E	L	E	V	E	N	O	I	L	C
R	L	R	O	A	C	H	C	N	
T	R	E	N	C	H	A	T	E	A

QUICK

J	O	E	N	R	F				
M	U	T	U	A	L	I	D	E	A
I	P	A	D	G	E	O	M	E	T
E									
A	N	A	E						
S	T	O	L	I	D	N	U	T	A
I	R	O	E	I	M				
A	B	G	G	S	A				
R	U	I	N	S	W	I	N	D	O
D	R	A	G	O	N	S	S	L	E

MENSA PUZZLE
G. The numerical value of the letters in each row add up to 26 each time.

QUOTE UNCODE
I have found that if you love life, life will love you back.

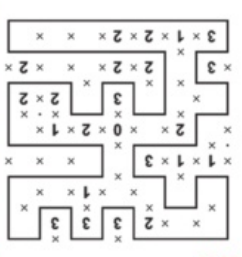
SUDOKU

3	4	8	6	9	2	5	7	1
9	7	5	3	8	1	2	6	4
1	2	6	5	7	4	9	8	3
8	9	2	4	1	7	3	5	6
4	5	7	2	3	6	1	9	8
5	1	4	8	6	9	7	3	2
2	6	3	7	4	5	8	1	9
7	8	9	1	2	3	6	4	5
6	3	1	9	5	8	4	2	7

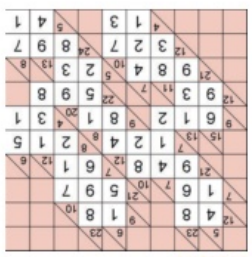
ALPHA TRIANGLE
E, SE, See, Seed, Steed, Vested, Devotes.

GO FIGURE
Easy
3 × 8 − 3 − 6 = 15
Medium
9 − 7 − 1 × 1 = 1
Hard
3 − 5 − 5 + 9 = 2

LOOP



KAKURO



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 # Ghostbusters director Ivan Reitman no more
Ivan Reitman, the Hollywood director and producer behind popular films such as 'Animal House', 'Ghostbusters' and 'Stripes', has passed away. He was 75 when he breathed his last

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All for a fab remake

Actor Tanya Hope glad her Tamil film 'Thadam' being remade in Hindi, says some films need to be made in different languages to reach wider audience

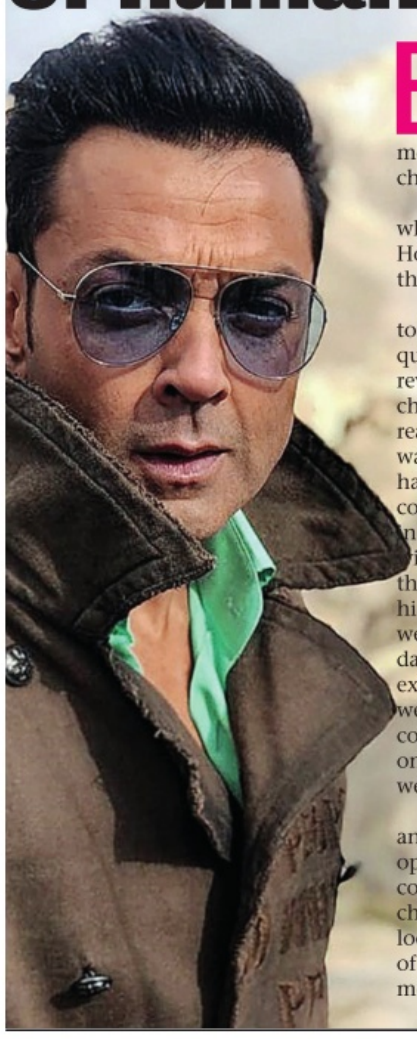
Actress Tanya Hope played the female lead in Magizh Thirumeni's Tamil film 'Thadam' alongside Arun Vijay and Vidya Pradeep. Now that the film is being remade in Hindi with Aditya Roy Kapur and Mrunal Thakur, Tanya is happy with it.

"I think 'Thadam' was one of the best movies I've seen as an audience. So, I'm glad it's being remade. It's such a mind-boggling story. I'm so glad I was a part of the original film," she says. Tanya shares that while shooting for the film she did not know much about the story. She went with the flow. "I just trusted our director Magizh Thirumeni. I had a gut feeling about the film and he's such a confident professional that I came on board to do the film without hearing the story. When you trust the people you're working with then you never feel unsure about coming onboard," she adds.

The actor is okay with remakes. "There are some fantastic stories being made and I'm happy they're being made in different languages and reaching out to a larger audience. I have done a remake of a Bollywood movie in Tamil too. It was the remake of 'Vicky Donor', called 'Dharala Prabhu'. I played the role that Yami Gautam played in the original. So, if the movie is good, why not remake it to expand the exposure," she says. Tanya, who debuted in 2016 with the Telugu film 'Appatlo Okadundevadu' was keen on working in Bollywood. She is looking forward to her debut but things are yet to fall into place. But, the actor is not losing hope.

"I believe everything happens in its own time. I'll be acting as long as I'm alive. It's the vocation that's important to me and the more work I do in different languages, the happier I am. The larger my audience, the happier I am. My Bollywood debut will happen when it has to," she ends.

Bobby on dark side of human nature



Bollywood actor Bobby Deol will soon be seen portraying a pivotal character in the upcoming film 'Love Hostel'. As the trailer of the film releases on Monday, unveiling more details, Bobby shares that even a dark character becomes dark for a reason.

The film is set in the northern part of India where a young couple elopes and gets married. How their decision put them in a life-threatening situation, the story unveils.

Sharing the insight of his character, Bobby told, "It is a very interesting character that has quite a twisted journey. Of course, I cannot reveal that but I must say that even a dark character has a darker backstory. There is a reason why the character's actions are brutal. He was a regular man with whom something happened one day that changed him completely. So now whatever he does, he does it in his righteous way. Once the film is out, people will get to know really." This is not the first time that Bobby is playing a grey character as one of his recent successes is the Prakash Jha directorial web series. Decoding his process to tap into the dark side of his mind, the actor said, "Well, some extreme emotions we all have in our mind but we only become a better version of ourselves by controlling the negative emotions and focusing on the positive ones because honestly speaking, we are are emotionally flawed people.

"What happens for an actor is, when we play any negative character or something that is opposite of who we are, we sit down and convince ourselves that at that point, for the character, a behaviour is right. Then we do not look at the situation from our lens but the lens of the character. I think convincing myself is the most fascinating process for me." **IANS**

The Valentine baby

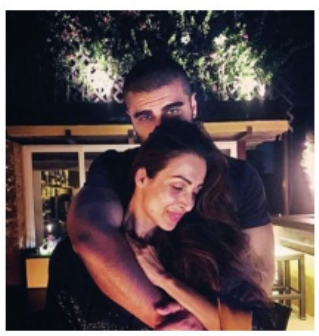
While Aamir Khan and Salman Khan are synonymous with Christmas releases and Eid releases, one can say bollywood actor Siddhant too has become synonymous with Valentine's Day releases. Back in 2019, Siddhant made his Bollywood debut with Zoya Akhtar's 'Gully Boy' which released on 14th February. His role made him an overnight sensation and his recent film 'Gehraiyaan' too released in the week leading to Valentine's Day.

Siddhant took to Insta to celebrate the films and wrote, "Special day! I was born on film on this day I'm a Valentine baby! From Gully to Gehraiyaan. Thank you for all the love. After getting praise for Gehraiyaan Siddhantshared, "It's ironic that I have a special connection with Valentine's week...Gully Boy released on Valentine's Day and Gehraiyaan too in the same week. It's proved to be really lucky for me and I feel grateful for all the love." **— ETimes**

'Life is fickle, love goes on'

Arjun Kapoor, who often gets trolled for dating Malaika Arora who is 12 years older than him, recently opened up about how he deals with the online haters.

In an interview with a news publication, Arjun said that he was prepared for the reaction to be extreme from trolls. According to him, nothing prepares you except going through it. The actor also added that he has been through situations in life that have been far worse, right from seeing his parents split up, losing his mom to having to go through seeing the upheaval of his father, losing out on a loved one, his wife Sridevi. Arjun



feels that all these things have made him realise that life is very fickle and temporary, and only love is permanent.

Elaborating further, Arjun added standing up doesn't always mean being in your face. It sometimes is just about holding your own silently and doing your thing, living each day and not thinking so much about the negativity.

According to him, it hurts you temporarily and then you put perspective by realising that you're strong enough to face so much more than nameless, faceless people on social media spewing hate. The actor also added that there's so much relevance to Malaika and his relationship that everybody wants to have a say. Arjun stated that he just takes it as a compliment that everyone likes talking about them.

Arjun has films like, 'Kuttey' and 'Ek Villain Returns' in the pipeline.